

ABSTRACT OF THE DISCLOSURE

A golf swing practice and training towel comprising a cloth golf towel having a plurality of longitudinal and transverse lines forming a grid with indicia identifying each line. The towel is placed on the ground with one edge in linear alignment with the target towards which the ball is to be hit and the golfer uses the lines as reference points regarding ball placement, stance, hand position, club face alignment and the like to incrementally adjust and consistently repeat such critical aspects of a golf swing.